

Brigade Command Policy # 03-07

AFZN-BA-CO

MEMORANDUM FOR 1st Brigade, 1st Infantry Division (Mech)

SUBJECT: Physical Fitness Training

1. **PURPOSE:** This policy outlines basic standards for conducting physical training in the 1 BCT. All personnel not in the field or tasked outside the BCT will participate in scheduled PT sessions.
2. Physical fitness training will be five times a week from 0630-0730. It is the responsibility of the commander to be creative during severe weather conditions, to provide safe and demanding physical training. Uniform will be either of the two authorized Army physical training uniforms, white socks, and running shoes. Army jacket, sweat pants, gloves, and black cap are authorized as weather requires and as long as all members in a unit are in the same uniform.
3. Units will march to their Physical Training site for safety, and should cross roads in a group not in clusters.
4. During these scheduled PT periods, organized training designed around conditioning drills, including push-ups, sit-ups, a run and other strength, and endurance exercises will be conducted. Fully utilize the period and do not release soldiers prior to 0730. Conduct proper warm up and cool down exercises, but do not make it half of the exercise period. Use ability groups to challenge each soldier. “Organized athletic” events can be conducted on **Tuesdays, twice a month, and will be annotated on company training schedules.** Units are encouraged to integrate combatives into their PT Program once a week. The gym may be used for combatives training.
5. Commanders are encouraged to establish incentive programs for their physical fitness programs. Examples include, giving weekend passes to soldiers that score 300 on their APFT; or, allow soldiers that score 300 on their APFT to perform physical training on their own during the week except for unit runs etc. Any program that is established must ensure that leaders are present at physical training to lead/supervise training.
6. Unit formation runs are encouraged, but should be conducted no more than once a week. Brigade Combat Team runs will be quarterly.
7. Commanders must insure that all soldiers participate in supervised physical training, to include soldiers with profiles within the limitations of their profile. Commanders will also insure that soldiers who missed PT because they were at sick call and received an RTD status participate in PT at an alternate time.
8. The Army Physical Fitness Test (APFT) is an evaluation and assessment tool that will be executed to standard. A record APFT will be administered semi-annually with no soldier having more than 6 months between record APFTs. Soldiers will be informed of upcoming APFTs at least four weeks in advance in order to prepare. Newly arrived soldiers will have their records closely screened to insure they have passed a record APFT within the last six months. In addition, new soldiers should be administered an initial diagnostic APFT 30 days after they arrive. Commanders should also assess their unit’s physical fitness ability regularly through diagnostic tests. Soldiers will be administered an APFT within 30 days prior to reporting to any military school.

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11. Commanders will flag soldiers that fail an APFT for the first time in accordance with AR 600-8-2. Soldiers who fail a record APFT should be counseled in writing by the commander and will retest three months following the initial failure or sooner if the soldier and commander believe he / she is ready. Soldiers that fail this retest are categorized as repetitive APFT failures. Commanders will take the following actions against repetitive APFT failures:

12. Enlisted soldiers: Bar to reenlistment (AR 601-280) or process for separation from the service (AR 635-200)

13. Officers: Process for separation from the service (AR 635-100).

14. Special Physical Training is a separate program with the explicit purpose of assisting soldiers to achieve the APFT and Army weight standards. This program will not be used or addressed as punishment. This time and place of special PT will be up to the unit commander. The program will be supervised and is the responsibility of the unit commander.

15. Physical training is leaders' business. I will visit unit training regularly and expect battalion commanders and CSMs to do the same. We must insure standards are met and programs implemented are providing the physical training necessary for training combat ready soldiers! Combined arms warfare requires physically and mentally fit soldiers; it is essential element of combat readiness.

16. POC for this policy is the S3 SGM.

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BART HOWARD
COL, AR
Commanding